

Evergreen MUIZENBERG



**19-25 MAY
IN THIS ISSUE**

WEEKLY ACTIVITIES

Your weekly guide to
recreational activities
in the Village

BISTRO

Weekly Lunch and
Social event Menus

IT'S A CELEBRATION

Birthday's,
Anniversaries
& New Residents

Dear Resident,

We hope you've had a wonderful week.

This week has been quite busy as the contractors set up their site. The first phase of the scaffolding has been completed. Please note that some windows may not be able to open fully due to this.

Upcoming Activities for the Week:

- Tuesday at 10 a.m.: Join us for a talk by Sally-Ann Creed. Please make a reservation with Reception for seating purposes.
- Wednesday from 8:30 a.m. Fresh produce will be available from Riaan's Fruit Van.
- Thursday at 3 p.m. Enjoy a game of BINGO. Be sure to reserve your spot with Reception.
- Library Raffle Information:
 - The deadline for donations is Friday, 23 May.
 - Tickets will be available for purchase from Tuesday, 27 May to Friday, 6 June, Monday to Friday from 12 p.m. to 2:30 p.m.
 - The draw will be held on Friday, 13 June at 12 p.m. Don't miss your chance to win some fantastic prizes—buy as many tickets as you can!

On Friday, 30 May, Mary Tait, granddaughter of Jan Smuts, will give a talk titled "Anecdote and Family Life of Jan Smuts." Please refer to the poster for more details.

Wishing you a wonderful weekend!

Warm regards,
The Evergreen Team.

WEEKLY ACTIVITIES



MONDAY 19 MAY	7.15AM WALKING GRP 9.30AM BUS TO BLUE ROUTE MALL	9AM ART WITH STEPH	10.30AM AQUA AEROBICS 12PM PILATES		7PM CANASTA
TUESDAY 20 MAY	9.30AM STRETCH FOR SENIORS	10AM SALLY-ANN CREED TALK	10.30AM LINE DANCING		3PM COLOUR IN MANDALA
WEDNESDAY 21 MAY	7.15AM WALKING GRP 8.30AM RIAAN'S FRUIT VAN	9.30AM AGELESS GRACE 10AM BIBLE STUDY		11AM TABLE TENNIS 2PM CHESS / RUMMIKUB	2.30PM SCRABBLE /DEMENTIA SUPPORT
THURSDAY 22 MAY	9AM ART GROUP	9.30AM KNITTING	3PM BINGO		7PM DRAMATIC SOCIETY/ CANASTA
FRIDAY 23 MAY	7.15AM WALKING GRP	9.15AM STRETCH FOR SENIORS	10AM RELIGIOUS FELLOWSHIP	11AM TABLE TENNIS	
SATURDAY 24 MAY	JOHN ADAMS FRUIT & VEG		1.45 PM CANASTA		
SUNDAY 25 MAY	8.45AM ONLINE CHURCH		12.30PM LUNCH		

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEK 5: 19/05/2025 – 25/05/2025

DATE	OPTION 1 – R80	OPTION 2 – R65	VEGETARIAN – R60
Monday, 19 MAY	Chicken a la King served with Rice and Seasonal vegetables	Pork Bangers with Tomato and onion Smoor, Mash and Carrots & Peas	Plant based Bangers with Tomato and Onion smoor, Mash and Bean salad
Tuesday, 20 MAY	Kassler Chop with Mustard sauce and Garlic Baby Potatoes	Beef and Ricotta Cannelloni Pasta bake with Sweet Butternut	Spinach, Feta, Black Bean Pasta Bake with Salad
Wednesday, 21 MAY	Grilled Chicken Pieces with Savory Rice & Seasonal Vegetables	German Bockwurst with creamy potato, salad and green vegetables	Roasted Vegetable Quesadilla with Salad
Thursday, 22 MAY	Beef Bobotie with Yellow Rice, Sweet Butternut and Peas	Chicken Fillet with Creamy Sundried Tomato Sauce, Sweet Potato and Green Salad	Butter bean Curry with Yellow Rice and Sweet Butternut
Friday, 23 MAY	Fish & Chips Salad & Tartare Sauce		Cauliflower, Chickpea and Capsicum Quiche
Saturday, 24 MAY	Beef Burgers, Asian Slaw and Potato Wedges		Plant based Burgers, Asian slaw and Potato wedges
Sunday, 25 MAY R115	Apricot Glazed smoked Gammon with Roasted potatoes, Grilled Butternut and Green Beans Or Oven Roasted Chicken Leg Quarters with Roasted Potatoes, Grilled Butternut and Green Beans Or Vegetarian: Mushroom, Courgette and Aubergine Lasagne with Green salad		Dessert: R35 Malva Pudding & Custard

Daily Meal orders by 14h00, previous day

Sunday orders close Friday at 14h00

Same day meal cancellations by 9h00

Use the pre-paid account system or pay via Debit or With Credit card.

No cash payments accepted

servest

SPECIAL CELEBRATIONS

Happy Birthday!

19 May

John Higgs A105

20 May

Cynthia Waldegrave A242

William Gild A304

Violet Hardy H15

21 May

Paul Selby A308

Val Holldige H5A

24 May

Clive Cloete A211

25 May

Leslie Carter A11

Happy Anniversary!

No Anniversaries

New Residents

No New Residents



**Prizes
galore**

Let's talk about gut health

No one notices their gut until they're either constipated or have an upset tummy! Join Carrie-Ann from Sally-Ann Creed as she discusses how to keep your gut healthy and functioning optimally simply by eating well.

**Join us in the TV lounge
Tuesday 20 May at 10:00am
All products on sale less 30%!**

Sally-Ann
CREED®
Wellness through nutrition



ANECDOTES & FAMILY LIFE OF JAN SMUTS

Join us for a special session with his
granddaughter, Mary Tait

Date: Friday, 30 May

Time: 3 PM

Location: TV Lounge

Please RSVP for seating arrangements.

EVERGREEN MUIZENBERG

LIBRARY RAFFLE

The Library Gals are requesting your assistance with donations for our Raffle to buy NEW Books!



WE NEED YOUR
HELP!

PLEASE DONATE:

Non Alcoholic Drinks

Chocolates

Biscuits

Jams

Nougat

Olives

Olive Oil

Honey

Balsamic Vinegar

To arrange collection please contact

Lydia 073 707 6474

Ursula 073 236 4913

Dee 083 411 1532



Happy Beanies



IT'S THAT TIME OF THE YEAR AGAIN AND THE CHILL IN THE AIR IS UNDENIABLE.

IN 2024 A CHALLENGE WAS EXTENDED TO KNITTERS FROM ALL EVERGREEN VILLAGES TO HELP KNIT AS MANY "HAPPY BEANIES" AS POSSIBLE. TO ENSURE WE ARE ABLE TO DONATE AS MANY "HAPPY BEANIES" AS POSSIBLE. WE AIM TO DONATE BEANIES TO THOSE LESS FORTUNATE AND IN NEED OF AN EXTRA LAYER OF WARMTH THIS WINTER. WE DONATE TO MULTIPLE INSTITUTIONS RANGING FROM CHILDREN'S HOMES TO OLD AGE HOMES AND HELP HUNDREDS OF PEOPLE KEEP WARM THIS WINTER.



WE WELCOME BEANIES OF ALL SIZES AND THE MORE **VIBRANT** THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 20 JUNE.



FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE CONTACT ME DIRECTLY:
RIAAN GOUWS - 072 600 2499.





Scone Special

Scone with whipped
cream, jam and cheese

R35

Every Wednesday from
9am - 3pm

booking essential to avoid
disappointment

Riaan's Fruit Van



**Fresh Fruit & Veg
every Wednesday from 8.30am**



Cash or Card payments accepted